

SEPTEMBER  
2010



# Easy Does It



For archived EDIs,  
intergroup minutes,  
upcoming events and  
other useful links visit the  
Madison Intergroup  
Website:

[www.oamadison.org](http://www.oamadison.org)

## CONTENTS:

### Page 1

- ~Step 9
- ~ Finally entirely ready
- ~What was I waiting for?

### Page 2

- ~I put my hand out...
- ~ News & Events

### Page 3

- ~ Tradition 9
- Page 3**
- ~ Did you Know...
- ~Region 5 report

NEXT INTERGROUP  
MEETING –  
Mount Olive Church  
110 N Whitney Way

**October 7, 2010**  
6:15 pm

## WRITE FOR EDI

~We'd love to hear from  
you, please share your  
experience strength and  
hope!

The EDI is always in need  
of personal stories or  
artwork. Email or snail-  
mail the EDI editor at  
[caspoohbear@aol.com](mailto:caspoohbear@aol.com)

Madison OA  
P.O. Box 294  
Madison, WI  
53703

*Step 9:* Made direct amends to such people wherever possible,  
except when to do so would injure them or others.

### Finally entirely ready

It's always interesting to me how willingness shows up. My sponsor would say, "pray for willingness" or when it particularly eluded me, "pray for the willingness to be willing." Sometimes, however, willingness is a "flash" that jumps out at me like a deer in the road at dusk.

I had that experience during a Big Book workshop. The speaker noted that once Steps 4&5 have been taken, you're in a race with your mind to complete 6,7,8 & 9. I'd never looked at it that way, but suddenly, it made perfect sense. The 12 Steps have caused a major rewiring of my brain, opening a large space for God. Acting on faith has always been difficult for me, but in a way, it's not all that different than taking it on faith that I can leave the house each day in my car and return safely home at night, despite the statistical odds of that action. It's using the tools, letting God in, and trusting that change is possible.

I acknowledge that I can't do it alone. I must take on faith that character defects I thought served me well in the past can be replaced with assets that serve me and my fellows much better in the future. I am in a race with my mind to effect positive change in my life, and not slide back into the past actions and thinking that crowded God out. With this willingness, I lay the groundwork to let God in to take away these character defects whenever they arise. With this acknowledgement, I am finally entirely ready.

~Janelle N. (reprinted from the Society Pages, Unity Intergroup, June 2010)

### *What was I waiting for?*

*I'm again reminded that my character defect of procrastination is only slowing my journey. This week, more than 3 years in OA, more than 2 years after my first 9th Step and after fretting at a meeting that night over having missed an opportunity to do so, I made amends to a family member. God put him in my home, gave us time to talk, and allowed me to feel the freedom that comes at once with a completed amends. This one, as the rest, had been discussed ahead of time with my sponsor. This one, as the rest, was accepted. This one, as some of the rest, was said to be "unnecessary"- I had been "just a kid" when the offenses were committed. This one, as with all the rest, complete and not yet, takes me one breath closer to every one of the promises coming true in my life. God, please give me the willingness and the strength to keep moving forward in my recovery today. ~C*

## EDI SUBMISSION TOPIC

### SUGGESTIONS:

~“I do not recover today on yesterday’s actions.”

~“The most important recovery action I took as a newcomer was...”

### INTERGROUP NEEDS YOUR HELP:

We are looking for help with **IDEA (International Day of Experiencing Abstinence) Day for this fall**. Those on the committee would be involved in setting up speaker(s), and/or publicizing the event, as well service at the event. We usually have a 3 hour “marathon”-type speaker meeting. *International Day Experiencing Abstinence (IDEA), celebrated the third Saturday in November, encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. Contact Cassidy 608-489-3577 or [caspoohbear@aol.com](mailto:caspoohbear@aol.com) for more details.*

**New phone meetings:** Open to anyone who wants to stop eating compulsively

- **Beginners’ Big Book Study: Sunday 5 PM ET (4PM central), Phone: 712-432-3900**  
Access: 998025# Focus on Steps 1, 2 & 3. It’s helpful to have a Big Book.
- **100 pounders: every night at 9pm ET (8pm central), Phone: 712-432-3900**  
Access Pin: 4285115# Focuses on special needs of those who have lost or need to lose 100 pounds or more. For more info call Jim A. 703-204-0181.

## Upcoming Events

- Holiday Meeting at Meriter Hospital cafeteria: 9:00-10:30 Labor Day.
- Working the Steps through A Labor of Love (Labor Day Marathon Meetings)  
**Monday, September 6, 2010, 9:00 a.m. - 1:00 p.m.** 9:00 to 10:00 - Steps 1 – 3 ; 10:00 to 11:00 - Steps 4 – 6 ; 11:00 to 12:00 - Steps 7 – 9; 12:00 to 1:00 - Steps 10 – 12. Wisconsin Heart Hospital, 10000 W. Blue Mound Rd. **Wauwatosa, WI** Contact Kathy at 414-607-0217
- New Holstein **Acceptance and Serenity OA Workshop** Sept. 25, 2010 9-3 p.m.- at The Altoona, Hwy 57/32, 2306 Calumet Dr, New Holstein WI 53061 optional lunch - salad, soup, and sandwich bar plus bev (\$15 includes lunch) without lunch - \$6 questions to Connie 920-418-1778 To register send money and note referencing the workshop to: Connie Wordell, 611 Appleton St, Apt. #213, Plymouth, WI 53014
- **WELCOME BACK! WELCOME HOME!** Sinsinawa Mound Retreat Center **Saturday and Sunday, September 25- 26, 2010. Contact Lori 260-341-8971**
- Rock River Intergroup Mini-Conference **October 2, 2010 8:30-2:00** Beloit, WI 3 speakers and fellowship.(Bring your own lunch) For more info: Shirley 608-754-0975, Linda R. 815-964-1882, Linda Lou 608-756-1455.
- **Sail with the slogans at the Sienna Center, OA Retreat Milwaukee Intergroup: October 8-10, 2010.** For more info, Jim 262-549-2202 [bjbrien@sbcglobal.net](mailto:bjbrien@sbcglobal.net)
- **Build your Bridge to Recovery at REGION 5 CONVENTION: October 15 – 17, 2010, Doubletree Hotel Detroit/Dearborn, Michigan, Call Frank: 734-426-0643 or [http://www.region5oa.org/events/2010 Annual Convention Registration.pdf](http://www.region5oa.org/events/2010%20Annual%20Convention%20Registration.pdf)**
- Unity Intergroup Minnesota State Convention: November 5-7, <http://www.overeaters.org>
- **REGION III Presents: "Recovery at Sea" : Welcome Aboard, All OA'ers for a 7-Night Cruise 7 Night Cruise on Carnival CONQUEST Galveston - Montego Bay - Grand Cayman - Cozumel – Galveston March 20-27, 2011 [oaregion3cruise@oaregion3.org](mailto:oaregion3cruise@oaregion3.org)**

TO ORDER YOUR COPY OF THE CD SET FROM JULY 23-25, 2010 (RHONDA C. OA BIG BOOK STUDY), OR THE CD OF THE SATURDAY EVENING SPEAKERS (AILISH & DAWN) PLEASE CONTACT GOPHER STATE TAPE LIBRARY: 1-877-557-6700, [WWW.GSTL.ORG](http://WWW.GSTL.ORG)

For links to the handouts from the July Big Book Study, see the events section of the website.

[www.oamadison.org](http://www.oamadison.org)

*Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

I've heard it said "The steps protect us from the disease and the traditions protect OA from us." When I think about the principles that guide how we in OA fund ourselves (7), how we get our work done (8) and how we're structured (9), I'm grateful. That's because they neutralize potentially destructive issues of money and power that tend to trip up many organizations, as well as me personally.

Through tradition 7, we are protected from any outside individual or group who might think they can run the show because they are giving a lot of money. Being self-supporting on an individual basis also reinforces the personal accountability we learn to have about working our own programs. No one is going to do it for us.

Through tradition 8 we never earn money for our primary purpose - carrying the message to those who still suffer. What a gift, because it's this very same service work that makes such a difference in our personal recovery. Have you ever helped someone in OA and later experienced seemingly miraculous power to accomplish something that you couldn't do before? They're usually not unrelated. And we would never get to have this wonderful experience if we were paying someone else to do our work. Other kinds of work, such as janitorial or secretarial, may be contracted out, but we never hand off our primary work in the program. And through tradition 9, we stay away from a formal hierarchy. There's no company owner, no boss handing out rules. Instead we manage our organization through member-elected, constantly renewing leadership, and every one of us can be involved.

For me, as a recovering overeater, it would be typical for me to figure out who had the money or the power and then either ally with them or rebel against them. Both kept me alone and apart. Through OA's principles of anonymity and humility and through the traditions, I get to be a member - not the boss, not the troublemaker - just a member. For the first time I could just simply be a part, just do my share. That gift of simply belonging, without controlling or managing or buying my way in - is priceless to me. ~Anonymous



*Dear God, teach me to see that my body is a gift from you, and that I should treasure and love it unconditionally. Make nurturing my body as natural as breathing and choosing healthy foods my true desire. God, help me stick to a healthy eating plan so I can remove the excess weight from my body, returning it to its vibrant and balanced state.*

*Amen.*

(submitted by Steve B.)

**DID YOU KNOW?**

- There are OA 12 and 12s and Overeaters Anonymous 2<sup>nd</sup> edition in the local libraries. Consider requesting or reserving one to keep it in circulation!
- ***We are planning IDEA day activities in the Wisconsin Dells area this year. Stay tuned for more details. Consider having a weekend away with a few hours set aside for your recovery! Contact Cassidy to help plan the event. 608-489-3577.***
- The delegates at OA's World Service Business Conference (WSBC) 2010 adopted a motion that created a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition that will be presented for adoption to WSBC 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.
- Four OA Conference-approved pamphlets have been reprinted to reflect the changes approved by delegates at the World Service Business Conference 2010. *Welcome Back, To the Teen, To the Family of the Compulsive Eater, and Sponsoring Through the Twelve Steps* can be ordered at [bookstore.oa.org](http://bookstore.oa.org) or by calling 505-891-2664. Two additional pamphlets (Questions and Answers and Tools of Recovery) will be revised and reprinted by the end of the year.
- **Now Hear This: Podcast #18 Now Available** <http://www.oa.org/podcast/> In this edition, OA member Charles talks about his relationship with food & recovery from compulsive eating.
- Consider printing the Courier and delivering it to your health care provider at your next visit: [http://www.oa.org/pdfs/courier10\\_color.pdf](http://www.oa.org/pdfs/courier10_color.pdf)
- Many groups have not been sending representatives to Intergroup. Please view this service as a part of your recovery.

**From the OA Region 5 Assembly July 2010 Report**, submitted by Don V.

- Intergroups reported on struggles with teen/young people focus meetings, due to safety concerns, liability issues. There is a Young People's Committee of World Service which will be chaired by our Region 5 WSO rep.
- Members willing to do service: Many groups have problems finding enough- are we going to be ready for the increase in interest with the new TV show this fall?
  - HAS YOUR MEETING DONE A STRONG MEETING INVENTORY LATELY?
  - Positive pitches of the message at meetings and save the mess for your sponsor.
- Region 5 is looking into finding a more centrally located city for meetings.
- Region 5 is about to release a new webpage and user-friendly software.
- Region 5 is looking for volunteers to help answer the 866 info number, contact Don V. if you are interested in this service!

**Editorial Statement :** Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole.